perplexity

Olympic Status of Wushu

Wushu is currently **not part of the Olympic Games program**. While there have been strong campaigns—especially by China—to include wushu in the Olympics, and it was featured as a parallel event during the 2008 Beijing Games, it has so far failed to become an official Olympic discipline[1][2]. Wushu was shortlisted as a candidate for the 2020 Tokyo Olympics but did not make the final cut[2]. However, wushu will be included in the **2026 Summer Youth Olympic Games**[2].

Wushu Kicks and Jumps in Competition

Wushu, often referred to as kung fu, is a modernized, performance-oriented martial art that emphasizes athleticism, flexibility, and dynamic movements, including **powerful kicks** and **high jumps**[1][3]. In **taolu** (forms) competitions—the main stage for wushu at international events—athletes perform choreographed routines that showcase:

- **Leaping kicks**: Such as the *Lotus Kick*, *Butterfly Kick*, and *Flying Front Kick*, which are acrobatic, high-flying techniques[4].
- **Rotational jumps**: Advanced competitors train in spins like 540°, 720°, and even 900° jumps and kicks, which contribute to the *nandu* (difficulty) score in judging[3].
- **Basic kicks**: Including the *Forward Front Kick* (□□□) and *Side Kick*, which are fundamental to wushu training and competition[5].

These elements are not only visually impressive but also technically demanding, requiring years of training to master[3].

Wushu Types and Events

Wushu is divided into **taolu** (forms) and **sanda** (full-contact combat)[2]. The **taolu** events include both barehanded and weapons routines, with **changquan** (long fist) being the most widely seen style for high jumps and kicks[3]. **Group events** and **dual events** (sparring with or without weapons) are also part of major international competitions[2].

Major Competitions

While **not Olympic**, wushu is featured in many international competitions, including:

- **World Wushu Championships**
- **World Junior Wushu Championships**
- **World Games**
- **Asian Games**
- **World Combat Games**[2]

Summary Table: Olympic Status and Key Elements

Aspect	Status/Details
Olympic Sport	**No**; demonstration in 2008, Youth Olympics in 2026, not in main Olympics[1][2]
Signature Elements	**Leaping kicks, high jumps, rotational spins** (Lotus, Butterfly, Flying Front, Tornado)[3][4]
Main Competition	**Taolu** (forms), **Sanda** (combat), group and dual events[2]
Major Events	World Wushu Championships, Asian Games, World Combat Games[2]

Key Takeaway

Wushu is characterized by spectacular jumps and kicks, especially in its competitive form, but it is not an Olympic sport. Its kicks—ranging from basic to highly acrobatic—are central to its appeal and scoring system, but despite global promotion and cultural significance, wushu has yet to achieve Olympic status beyond the Youth Games and special demonstrations[1][3][2].

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Wushu 18kicks and how to do them step by step

While there is no single universal "18 Kicks of Wushu," two prominent traditions—**Choujiao Fanziquan** (a northern Chinese martial art) and **Shaolin kung fu**—preserve their own "18 Kicks" catalogs, each with unique names and variations[6][7]. The **Choujiao**

list is more clearly documented and widely referenced, so this answer focuses on those 18 kicks and provides **step-by-step breakdowns for the most essential techniques**.

Choujiao 18 Basic Kicks[6]

Here is the full list (romanized and translated names; asterisks mark kicks with available step-by-step descriptions):

1. **Zheng ti tui** – Straight swinging kick (Front/front snap kick) *
2. **Li he tui** – Inside crescent kick
3. **Bai lian tui** – Outside crescent kick
4. **Ce ti tui** – Side swinging kick (Side snap kick)
5. **Tan tui** – Spring kick
6. **Deng tui** – Heel kick (Push kick)
7. **Ce chuai tui or ti** – Side thrust kick (Side push kick)
8. **Zhuang ti** – Push kick (similar to 6)
9. **Cun ti** – Inch kick (short-range kick)
10. **Cuo ti** – Shovel kick
11. **Shi zi tui** – 10 kick
12. **Ye li cang hua tui** – Hide flower under leaves kick (deceptive/oblique)
13. **Ye li zuai lian tui** – Under leaves scythe kick
14. **Hua lan tui** – Straight back kick/Flower basket handle kick
15. **Jiu fan, Yuan Yang tui** – 9 flip, Mandarin duck kick (jumping, spinning)
    16a. **Sao tang (qian)** – Sweep the hall (front sweep leg)
    16b. **Sao tang (hou)** – Sweep the hall (back sweep leg)
16. **Juezi tui** – Donkey kick (double-leg rear kick)
17. **Hou bai lian tui** – Back outside crescent kick (spinning/turning)

*Many names, such as "Yuan Yang tui," "Juezi tui," and "Hou bai lian tui," refer to **jumping or spinning kicks—spectacular, acrobatic techniques common in competitive wushu forms. Not every kick has a universally accepted execution, and multiple styles may use the same name for somewhat different actions.***

Step-by-Step Instructions for Key Kicks

Zheng Ti Tui (Front Snap Kick)

- **Starting stance:** Stand in horse stance or relaxed upright posture, weight balanced.
- **Chamber:** Lift your knee straight up, keeping the shin vertical or folded close to the thigh.
- **Extend:** Rapidly extend the leg straight forward, snapping the foot out to strike with the ball of the foot (not the toes).
- **Retract:** Re-chamber the leg as it returns, then set it down smoothly.
- **Repeat:** Alternate legs for practice.

*This is a foundation for all front-leg strikes; the key is **hip flexibility, balance, and snapping extension.***

Cè Ti Tui (Side Snap Kick)

- **Starting stance:** Horse stance or parallel/side stance.
- **Chamber:** Lift the knee out to the side, folding the leg.
- **Extend:** Snap the foot horizontally to the side, flexing the toes slightly back (strike with the outside edge).
- **Retract:** Return the leg to chamber, then place it down.
- **Repeat:** Alternate sides.

*Emphasizes **hip abduction and a solid base.***

Bai Lian Tui (Outside Crescent Kick)

- **Starting stance:** Stand in a relaxed upright posture.
- **Swing:** Swing the leg in a large, circular arc from inside to outside, as if tracing a rainbow.
- **Contact:** Contact targets with the top of the foot or the lower leg, depending on intent (demonstration vs. application).
- **Follow-through:** Let the leg continue the arc, then bring it down smoothly.

*This is a **swiping/cutting kick, often used to clear an obstacle, parry, or strike an opponent's head.***

Deng Tui (Heel/Push Kick)

- **Starting stance:** Horse stance or lead-leg forward stance.
- **Chamber:** Bring the knee up toward the chest.
- **Thrust:** Push your foot out straight, driving through with the heel.
- **Retract:** Pull the leg back and step down.
- **Repeat:** Practice with both legs.

*This is a straightforward, direct push, sometimes called a front thrust or push kick, emphasizing **forward push with the heel.***

Hou Bai Lian Tui (Spinning Outside Crescent Kick)

- **Starting stance:** Standing relaxed, eyes forward.
- **Pivot:** Pivot 180–270 degrees on the ball of your support foot, turning your head to spot your target.
- **Kick:** As your hips face away, swing your kicking leg in a wide, arcing crescent kick (outside-to-in), connecting as your spin completes.
- **Recover:** Land in a stable, ready stance.

*This is an **intermediate spin kick, requiring balance, control, and flexibility. Often performed in wushu forms for flair.***

Tips for Learning Wushu Kicks

- **Flexibility:** Essential for all kicks, especially crescent and acrobatic techniques.
- **Balance:** Work on standing/static balance (standing on one leg) and dynamic balance (during spins and jumps).
- **Progression:** Master single, basic kicks before combining them with jumps, spins, or sweeps.
- **Forms Practice:** Kicks are best learned in the context of *taolu* (forms) routines, where they are combined with stepping, stances, and hand gestures.

Summary Table

Kick Name (Pinyin)	Translation	Key Motion	Striking Tool
Zheng ti tui	Front snap kick	Straight leg extension	Ball of foot
Ce ti tui	Side snap kick	Horizontal side extension	Outside edge of foot
Bai lian tui	Outside crescent kick	Arc from inside to outside	Top of foot/lower leg
Deng tui	Heel push kick	Straight leg thrust	Heel
Hou bai lian tui	Spinning outside crescent	Spin + arcing crescent follow	Top of foot/lower leg

For the remaining kicks (e.g., spring kick, inch kick, shovel kick, double kicks, sweeping kicks), specifics can vary widely between schools, and some kicks are more **application-oriented** or **trick-style** rather than foundational. **Visual demonstrations and hands-on training** are highly recommended for mastery, as subtle weight shifts, hip actions, and intent can be difficult to convey in text.

In summary: The Choujiao 18 Kicks system[6] is a comprehensive catalog, with some techniques foundational (front kick, side kick, crescent) and others more advanced (spinning, jumping, sweeping). Mastering the basics first—front snap, side snap, crescent, thrust—will give you the foundation to safely explore the full catalog under qualified instruction.

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Shi zi tui – 10 kick step by step how to do it?

The **Shi Zi Tui** (□□□), or "10 kick," is a classic wushu (kung fu) kicking technique whose exact execution can vary across different schools and styles. There is **no widely publicized, step-by-step instructional resource for this specific kick** in the search results or prominent martial arts tutorials. However, based on the context of the **Choujiao Fanziquan 18 Kicks list**[8] and general wushu/kung fu terminology[9], here is

the best available breakdown, supplemented by expert inference where details are lacking:

What is Shi Zi Tui?

- **Shi Zi** (□□) means "cross" or "10" (as in the character for the number 10, which looks like a cross).
- **Tui** (□) means "kick" or "leg."
- The name suggests a **crossing** or **intersecting** motion, possibly involving a kick that crosses the body's centerline, or a kick performed while moving in a cross-shaped pattern.

Step-by-Step Execution (Inferred, Based on Naming and Common Techniques)

Preparation:
Stand in a ready stance, legs shoulder-width apart, knees slightly bent, hands up in guard position.

Step 1: Step and Chamber
Step forward or to the side with your lead leg. Lift your rear leg, bending the knee to chamber the kick. Keep your torso upright and core engaged for balance.

Step 2: Execute the Kick

- **Direction:** Extend your leg **diagonally across your body**—either from outside in (resembling a crescent kick but crossing the centerline) or inside out.
- **Target:** The kick may aim toward an opponent's side, rib, or head, depending on the application.
- **Style:** The motion should be **snappy** and controlled, with the foot traveling in a straight or slightly arced path that crosses the body's midline (hence "cross" or "10").
- **Recoil:** Quickly retract the leg to the chambered position, then place it down.

Step 3: Follow-Through
Land in a stable stance, ready to transition to the next movement or defend. Some styles may combine this kick with hand techniques or footwork in a cross-shaped pattern.

Visual and Contextual Clues

- **Choujiao tradition** lists Shi Zi Tui as a distinct kick, separate from front, side, crescent, or hook kicks[8].
- **Wushu terminology** does not clearly define this kick, but the "cross" element is emphasized in the name[9].
- **Possible variations:** Some schools may teach this as a **cross-body front snap kick**, a **crossing crescent kick**, or perform it while stepping in a cross-shaped pattern (□□□).

Training Tips

- **Practice slowly** at first to master the crossing motion and balance.
- **Focus on hip flexibility** and **core control**, as this kick may require turning the hips to allow the leg to cross the body’s centerline.
- **Work with a partner or coach** familiar with traditional northern kung fu or Choujiao Fanziquan for personalized instruction, as details can vary.

Summary Table

Step	Description
Stance	Ready stance, knees slightly bent
Chamber	Lift rear leg, bend knee, prepare to kick
Kick	Extend leg diagonally across body, crossing centerline
Recoil	Retract leg quickly, return to stance
Follow-up	Land, transition to next movement

Key Takeaway

Shi Zi Tui (10 kick) appears to be a **crossing kick** that brings the leg over the body’s midline, emphasizing agility and precision. The exact technique may differ between schools, but the defining feature is the **crossing motion** suggested by its name. For precise, school-specific instruction, seek out a Choujiao Fanziquan or traditional northern

kung fu teacher, as written and video resources for this technique are scarce in English[8] [9].

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1. https://www.chinadaily.com.cn/a/201902/12/WS5c61b77ca3106c65c34e8c49.html
2. https://en.wikipedia.org/wiki/Wushu_(sport)
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